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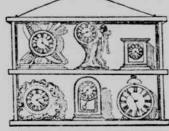
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I will sell 40 acres of LAND, adjoining the lands of Mrs. Emma Gibson, Mrs. Sallie Dixon and others, several miles from Rock bridge Baths. The land is well watered, has on it a good orchard bearing apple and cherry trees, and it lies well and is fertile Good neighborhood, convenient to churches and schools. Terms made known on application. For particulars, addres

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## PLENTY OF TIME



they never get anything done. are always "just going to." By the way, now is the time to subscribe for this paper-RIGHT NOW. D'ye hear?

The man who insures his life is wise for his family.

The man who insures his health is wise both for his family and himself.

You may insure health by guarding it. It is worth guarding.

At the first attack of disease, which generally approaches through the LIVER and manifests itself in innumerable ways

ABSOLUTE ZERO.

Just a Love it. and a blank. this absolute zero is meant a temperature which cannot get any colder, which means that no heat whatever exists or can exist at that point. This point is only about 450 degrees below the zero of our ordinary Fahrenheit dizzily thermometers or 273 degrees below the a position to meet your needs. zero centigrade. To realize what it We shall endeavor to please in signifies a few words must be placed zero centigrade. To realize what it here defining heat itself.

Heat is caused simply by the thou- only sands of little molecules in any body or thing vibrating very fast and thus sending out waves into the ether. When these waves strike any matter they cause that matter to become hot. as we say. Now, the faster these molecules vibrate the more heat is given out and the hotter is the body itself. The slower the molecules the colder the body. So, if a condition could be reached where the molecules did not vibrate at all, why, there could be no heat, and therefore the body would be absolutely cold. This condition of affairs is reached at the above mentioned number of degrees below our ordinary scales. It is needless to say, however, that this absolute zero of heat has never been attained on this earth, the closest ever reached by man being one degree above it. This is 272 below zero centigrade and is the freezing point of helium gas, which a German professor lains to have frozen at that tempera-

From this theory of heat a peculiar view is obtained of our bodies and articles of matter. We would find, if we had a microscope to see small enough, that every bit of matter at any temperature that we can now get is a seething mass of moving mole-cules and vibrating particles. One proof of this is when a metal expands on becoming warmer. If we weigh it we find that a hot body weighs no more than the same body cold, yet it gets larger, both longer and broader. To do this it must be composed of moving particles that on becoming excited get farther apart. Another proof is that liquids and gases have been forced through every solid that exists almost. Thus water has been forced through lead, sulphur dioxide through iron, etc. The computed size of these molecules is rather interesting. It is claimed that if a drop of water represented the earth the number of molecules in the drop would be about equal to the number of grains of sand in the earth.—Exchange.

She Could Talk.

Cynicus—That girl never says much, does she? Sillicus—Why, she talks all the time. Cynicus—That doesn't alter my contention.-Philadelphia Record.

Doubted the Statistics. "How did Harkins act when he heard he had triplets in his family?" "He could hardly believe his own census."-Boston Transcript.

Our wealth is often a snare to our-selves and always a temptation to others.-Cotton.

# ESMEE'S ROMANCE

Justin Hoste, the brilliant young artist, was in South Africa making sketches of the Boer war for American newspapers. He was riding toward a kopje one morning when the sudden sound of heavy firing sent the blood flying to his heart, as he realized that beyond the brow were the Boers and that an engagement was taking place. Putting spurs to his horse, he rode forward at full speed, and the fever of battle swept over him when he reached a point where he could see the hollow that surrounded the base

Down in the dip was a "thin red line" of men who scrambled as fast as the ones in front would let them up the hillside toward their hidden foes, and serup of cover that could shield a

Chas. M. Stieff The Freezing Felat of Hallum Gas 15 melee, and then he felt a sudden blow and a sharp pang, and then all was a

not generally known that the true From the depth of oblivion he emerg-zero of heat has been determined. By ed at last in a hospital tent, where quiet nurses moved to and fro and pressive after the clang and clamor of the hollow. His left arm was helpless and bandaged, and all his limbs felt singularly weak and his head swam

"What is the matter with me?" he

asked of a nurse.
"Not much now, Mr. Hoste, A bullet passed through an artery, and they only just found you in time. But you will soon get up your strength with

To while away the tedium of his stay in the hospital ne began to draw and sketched the face of a girl he had seen in a dream the night before the battle. She had a lovely, serious face, with great, earnest eyes and a tender mouth. She seemed to be standing at and she appeared in his dream to be holding the gate open for him to pass through. He called the sketch "His Dream Girl." It proved to be his best

When he was in London on the way to New York he responded to a Bond street gallery's suggestion by sending sketches for exhibition. and he included among them his mas-

He had no lack of friends now that he had made a little place for himself in the world of people who "do some-thing," and they took him up and made him one of the minor fashions of the hour, going in parties to see his writing it up in all the papers, inviting him to dinners and givhim commissions to draw and write for them.

He had never been so prosperous, and he found it pleasant enough, though now and then the loneline seized him for a moment. And through it all he had the sense of something which was coming toward him, approaching always day by day until it was imminent. It seemed a mere chance that took him one afternoon in late spring to Bond street to take a peep at his own pictures or at the people criticising them.
A group of three women at the far

end of the second room attracted his attention. They seemed eager and interested and were absorbed in some debate concerning the sketch of "The Dream Girl."

Justin, curious to know what they discussed, drew near and heard one say with decision:
"There cannot be any one eise in the

world so exactly like Esmee as that. He must have seen her at some time or another.
"Esmee," she added, turning to the

third, "are you sure you have never met him?"

Justin stepped closer involuntarily and bent forward to look at the girl addressed; then he started forward,

"My dream girl!"

For he was gazing into a face that was the facsimile of his vision, only lovelier even than the dream had shown it.

They were all speechless with the strangeness of the incident. And Justin was just recovering himself and stretched out her hand to him, saying

He stood transfixed, while a murmur

of astonishment broke from the other two. And then Esmee said:

"I saw you once, years and years ago, when you were a boy and lived in the country. I was a lonely little girl, and you were a lonely little boy, and the powers that were decreed that we should meet and play together one summer day. They begod we would be constant playmates, but you went away to school and never came back any more. Do you remember those old days?"

"I begin to remember," he stammered, bewildered, "but I had quite forgotten it. Did you open the gate to me?"
"I believe I did," she answered, smll-

ing and looking from him to the pic-

So they began a long conversation and wandered away together to a cushioned sent in the corner No shyness or reserve seemed possible to them in the presence of that picture, painted at the other side of the world.
"It is a romance in real life," whis-

pered one of Esmee's friends to the "I always thought something unusual would happen to her because she is such an odd girl. He tooks tremendously happy in his new found joy.

And he was. Most people are when the best thing that life can give them is within their reach.—Boston Traveler.



## **Points** For **Mothers**

According to new theories concerning parental government, parents are supposed to respect the opinions of their children, at least to trent the budding ideas with due consideration. As an example of the justice of this decision one has only to recall to mind how the opinions of two generations differ, often because of changing cus-toms and conditions. The elders fall to realize that the younger must be heard tolerantly, and so the parents, instead of extending the courtesy of listening politely to the younger folk, deliver their ultimatum as though there were no appeal and then are astonished because confidence and under-standing grow less between them and their children. Those parents who as their sons and daughters develop can encourage an expression of opinion so they know the lines upon which young minds are working and with gentle argument and reason can control and as that held during childhood. But it is only by toleration and gentleness that this can be accomplished, for growing boys and girls are too old and experienced for an assertion of direct authority to influence.

Mothers are not infrequently grief stricken that their daughters as the girls grow older keep them from their thoughts and ambitions, giving confldence to others. In most cases this is the mother's own responsibility, be-cause she tries to exert authority or pressure when others give only sym-

To sympathize is not to agree; it is to understand the other side. Mothers should bear this in mind and meet their daughters on a common mental basis even when trying to make the younger see that her attitude is mis-

Confidence between mother and daughter is to be maintained at all costs on the part of the former, and a test of her success as a parent is the ability to strike the right note of sym pathy with such gentleness and under standing as to influence the girl to a right way of thinking even when the latter is inclined to differ.
It is not by failure to agree that

sons and daughters are alienated, but by a total tack of toleration from the

When the Nose Bleeds.

Nosebleed is common among children, and, while it seldom reaches an alarming state, nevertheless children are often greatly frightened by it. In treating this complaint try applying a cold cloth at the base of the brain Stand back of the child and press you hands firmly on the large arteries that run along the edges of the cheek bones. Do not step the nostrils with cloth or cetten, but allow the blood to flow until naturally checked. Often adults are afflicted with excessive nosebleeding. This is often caused by a severe cold in the head or by ex sure to the sun. Worry will ofter cause it, and in many diseases, as fever, the nose will bleed. When black blood flows from the nostrils the trouble is probably due to cold and congestion, and sometimes it is not best to check the flow at once. Drowsy headaches are often relieved by nose-bleed. But be careful with children and do not show you are alarmed. By being calm yourself you can quiet the fears of the little one who screams at



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#### NATURE'S

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(Representing the Famous Bedford Alum & Iron Springs of Va.)

contains 17 of the most powerful Mineral Tonics.

An 18-oz. bottle contains all the minerals in a barrel of the average water. We furnish the minerals, you furnish the water.

We have certificates both from the public and from eminent physicians, telling of its virtue in Dyspepsia, Rheumatism, a large variety of Female Diseases, Chronic Diarrhoea and Dysentery, General Debility, Anaemia, Malaria, Ulceration of the Throat, Diabetes, Piles, Chronic Eczema, Nervousness, Chronic Constipation, and many showing the wonderful cures in that dreadful disease, Scrofula.

For. T. L. Karler, for fifteen years a resident at the Springs, says: For Scrofula, that fearful destroyer of human health and happiness, we have in this water a remedy which neither science nor fortunate accident has hitherto found an equal. It is in this malady, and some forms of secondary and tertiary Syphilis, that this water when carried to its full alterative effect, displays its highest curative powers. In all forms of diseases peculiar to females, this water will be found to exert a curative influence second to none in Virginia.

I have given your Concentrated Water a fair trial, and sey with pleasure I have been greatly benefited. For some years I have suffered more or less with Indigestion, followed by Constipation and other attendant ills. Within the past two months I have found such relief from your remedy that I have improved in strength and weight; have eaten what I have not dared to do for a long time, and have done harder work than I have been able to do before for years. able to do before for years.

Rev. OSCAR LITTLETON Presiding Elder, Lynchburg,

Since 1894 I have been afflicted with Chronic Diarrhoea. About six months ago I commenced using your Concentrated Iron and Alum Water with the most wonderful and satisfactory results. For three or four years past I have been deprived of the privilege of visiting friends or going to church, as my trouble kept me in constant apprehension having lost almost entirely the control of my bowels; but now I am happy to state that after using about a half dozen bottles of your remedy I am entirely cured, not having used any for the last four months. I can confidently and most gladly recommend your remedy for Chronic Diarrhoea.

CAPT. RUFUS AMIS, Virgilina, Va.

I was an intense sufferer for some months with Indigestion, and could get no relief from the ordinary remedies. During the month of January began the use of your Concentrated Water, and one bottle has entirely relieved me. I can now dipest any diet and am entirely free from suffering. I take great pleasure in giving this testimonial.

REV. M. BLAIR,

Editor N. C. Christian Advocate,

Greensboro, N. C.

Greensboro, N. C.

I have used and prescribed waters from several Iron and Alum Springs, but none of them begin to come up to your Concentrated Water in all that goes to make the ideal alterative, strengthener, appetizer and restorative. It is at once a fine tonic and flesh-builder. Have advised several recently to try it, and always with fine and quick results. In January I had a bottle sent from one of your dealers to a lady, with the understanding that if it did not at once improve her digestive apparatus, I would pay the \$1.00 myself. She not only willingly paid the bill, but used a part of one-half dozen more bottles, and is now completely cured of a long and annoying Stomach Trouble. This seems to be the case with all who try it.

S. P. HILLIARD, M. D., Rocky Mount, N. C.

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that these fertilizers cannot be profitably used on it, or that they were made only for land too poor to produce without them. If poor land will show a normal increase when fertilizer is used, good land will show at least double the increase. Use Virginia-Carolina Fertilizers to increase the quality, as well as the quantity of the crop—and you will increase the profits from your land.

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had, such as your brands. I have used a number of them and found
them to be as recommended and to give better results than any other
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A Good Example

in a long time." It is well to make up your mind before you are sick what medicine you will take when you are sick.

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You will be glad to take it when you are tired, miserable and when life seems a weary grind. It will put new thoughts into your head, fresh courage into your mind.

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